

THE SQUAT JUMP

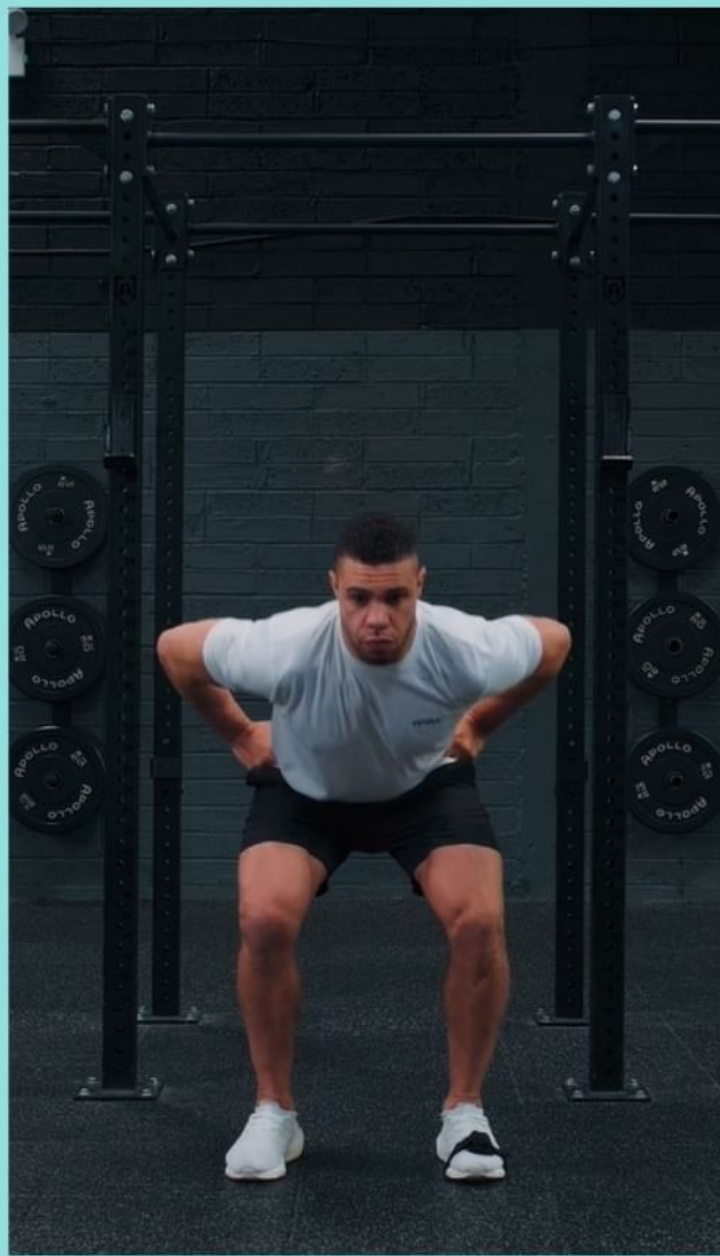
What the **normative data** says:

Compare your scores to normatives from thousands of athletes' personal bests.

Jump Squat (Metric):

Jump Height:

1st-10th Percentile	13.9 - 23cm
10th-30th Percentile	23 - 29cm
30th-50th Percentile	29 - 34cm
50th-70th Percentile	34 - 39cm
70th-90th Percentile	39 - 47cm
90th-100th Percentile	47 - 87.5cm



Jump Squat (Imperial):

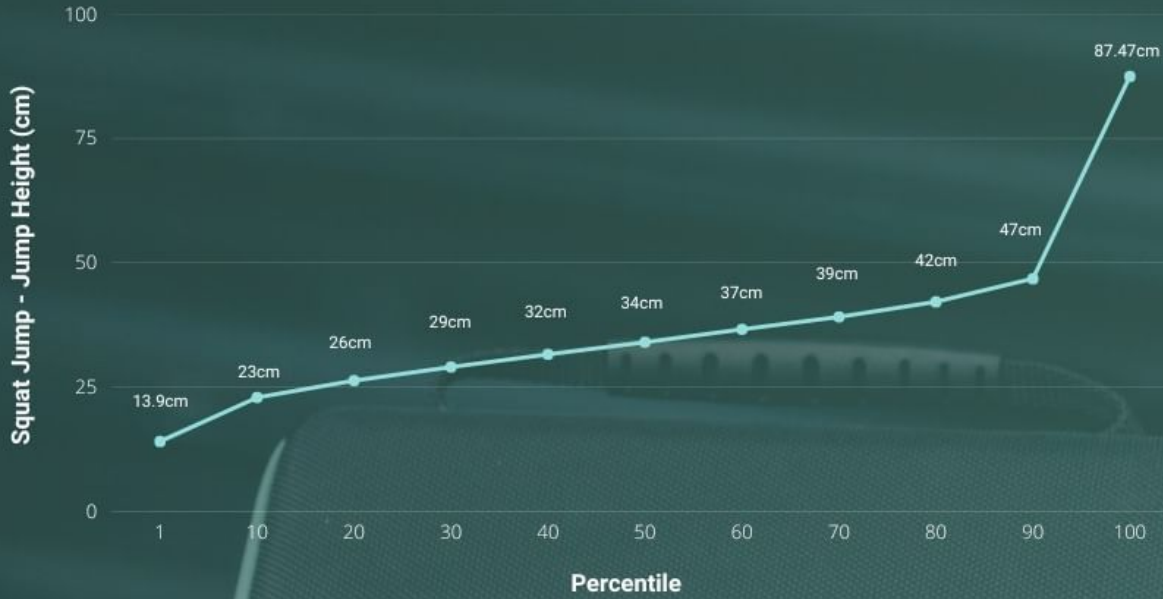
Jump Height:

1st-10th Percentile	5.5-9 in
10th-30th Percentile	9 - 11.4 in
30th-50th Percentile	11.4 - 13.4 in
50th-70th Percentile	13.4 - 15.3 in
70th-90th Percentile	15.3 - 18.5 in
90th-100th Percentile	18.5 - 34.4 in



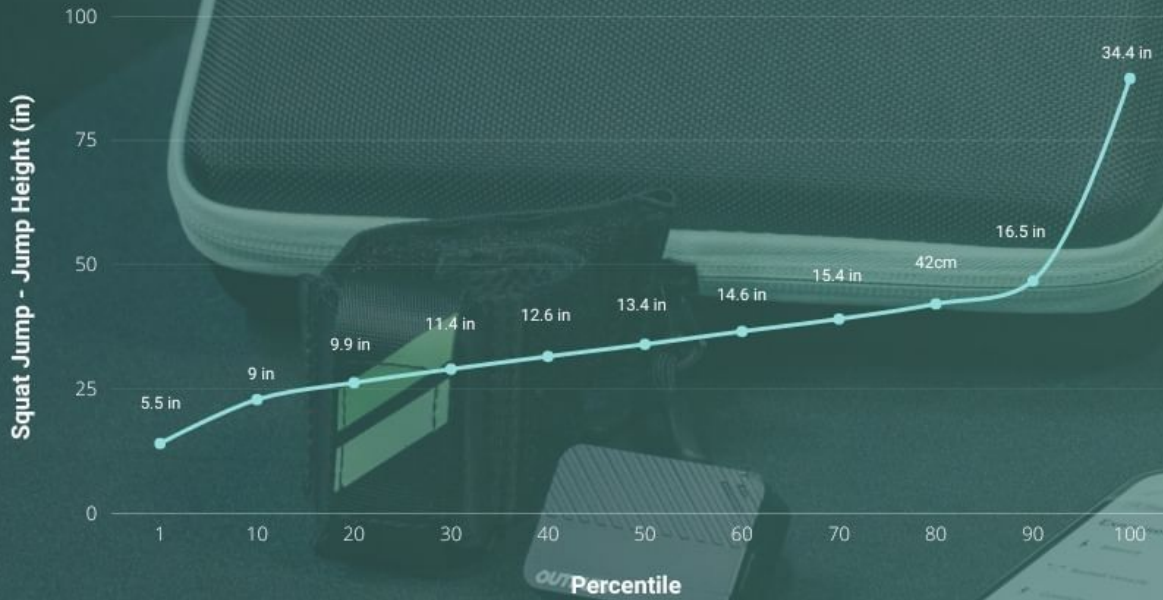
METRIC (CM)

SQUAT JUMP - JUMP HEIGHT



IMPERIAL (IN)

SQUAT JUMP - JUMP HEIGHT



Download our free eBook 'Leveraging Normative Data 2.0'



With all new exercises, metrics and updated information.